Quality of Life in Gastric Bypass Patients

Presented by

Meg Voelker, RN, MN

Madigan Army Medical Center

Tacoma, WA

2004

Acknowledgements

- MAMC Supporters
  - COL K. Azarow
  - COL M. Bither/ COL K. Newman
  - COL N. Hodge/ LTC D. Williams
  - Eileen Hemman, Ed.D, RN, C (COL [ret.])
  - Pathway: MAJ Townley, MAJ Cates, Mrs. Roberts, LTC Oberhart, Dr. Stone, Ms. Jennings, LTC Crunkhorn
- University of Washington Professors
  - Marjorie Dobratz, PhD
  - Janet Primomo, PhD
  - Ruth Rea, PhD (COL [ret.])

Project Purpose

- Support Gastric Bypass population
- Smooth transition
- Lifestyle support

Obesity: A National Issue

- Overweight/Obese
- Undernutrition/Overnutrition
- 61% U. S. overweight adults (20-74yrs)
- 10-15% U.S. children/adolescents (6-17 yrs)
- 1 in 5 children overweight/doubled from 25 yrs ago

(*Surgical Clinics of North America, 81* [5], 2001*; American Journal of Nursing, 101* [3], 2001)

Obesity: A National Issue

- **280,000-325,000 annual deaths related to obesity**
- **2nd largest cause of preventable death in U.S.**
- **5 out of 10 leading causes of death related to obesity**
- **3-5 million in U.S. -- morbid obese**
- **No boundaries**

(*Surgeon General,* 2002; *Obesity Review, 2* [2], 2001; *Journal of Psychosomatic, 52* [3] 2002)

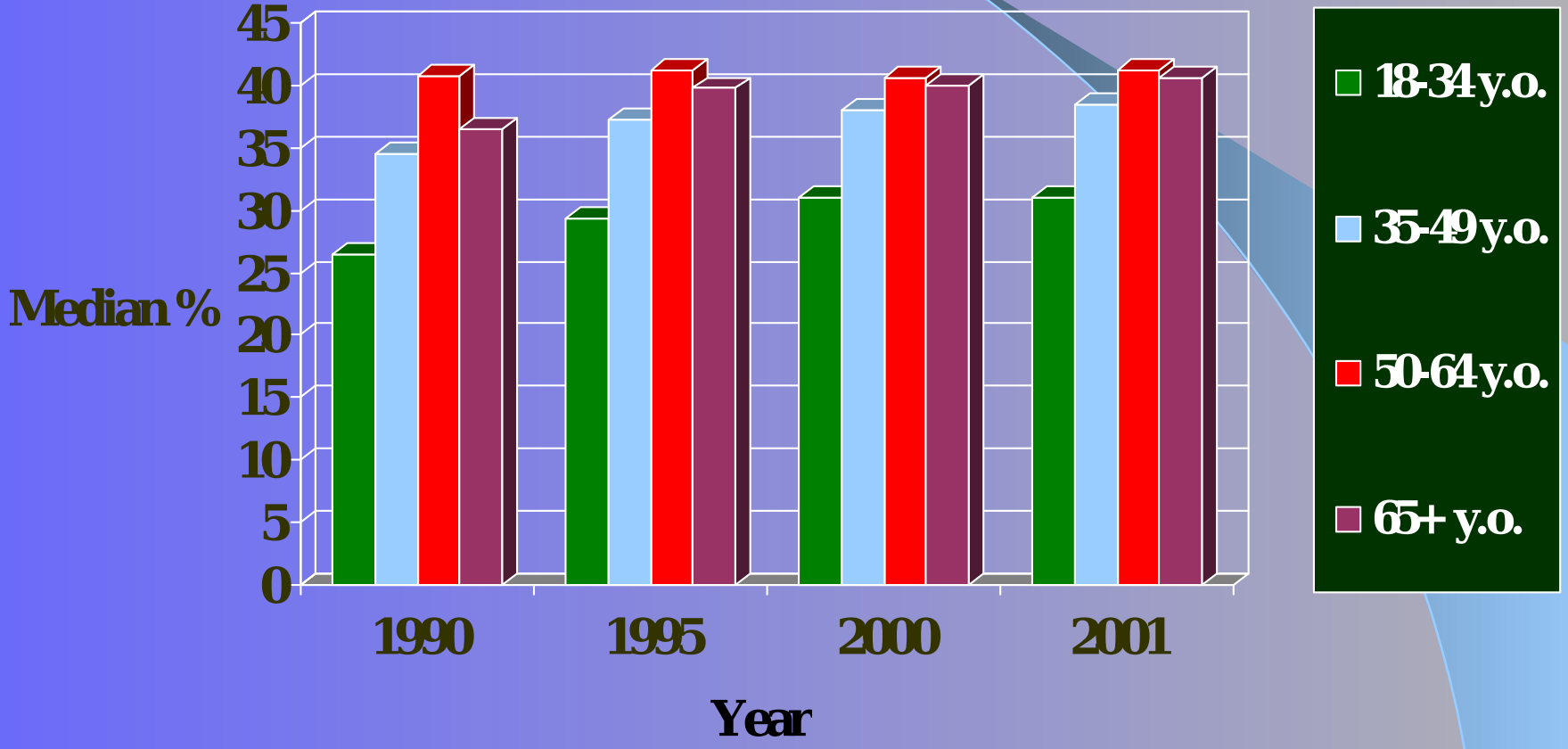
Definition of Obesity

- **Disease of excess fat**
- **Latin means ‘to overeat’**
- **‘Bariatric’ Greek, refers to overweight/obese**
- **Ways to calculate obesity:**
  - **BMI (Body Mass Index)(BMI=kg/m2)**
  - **WHR (Waist to Hip ratio)**
  - **Waist Circumference (M>=40/F>=35)**

(*Surgical Clinics of North America, 8* [5],2001; *Clinical Nurse Specialist, 15* [5], 2001; *Quality of Life,* Report 17, 1999)

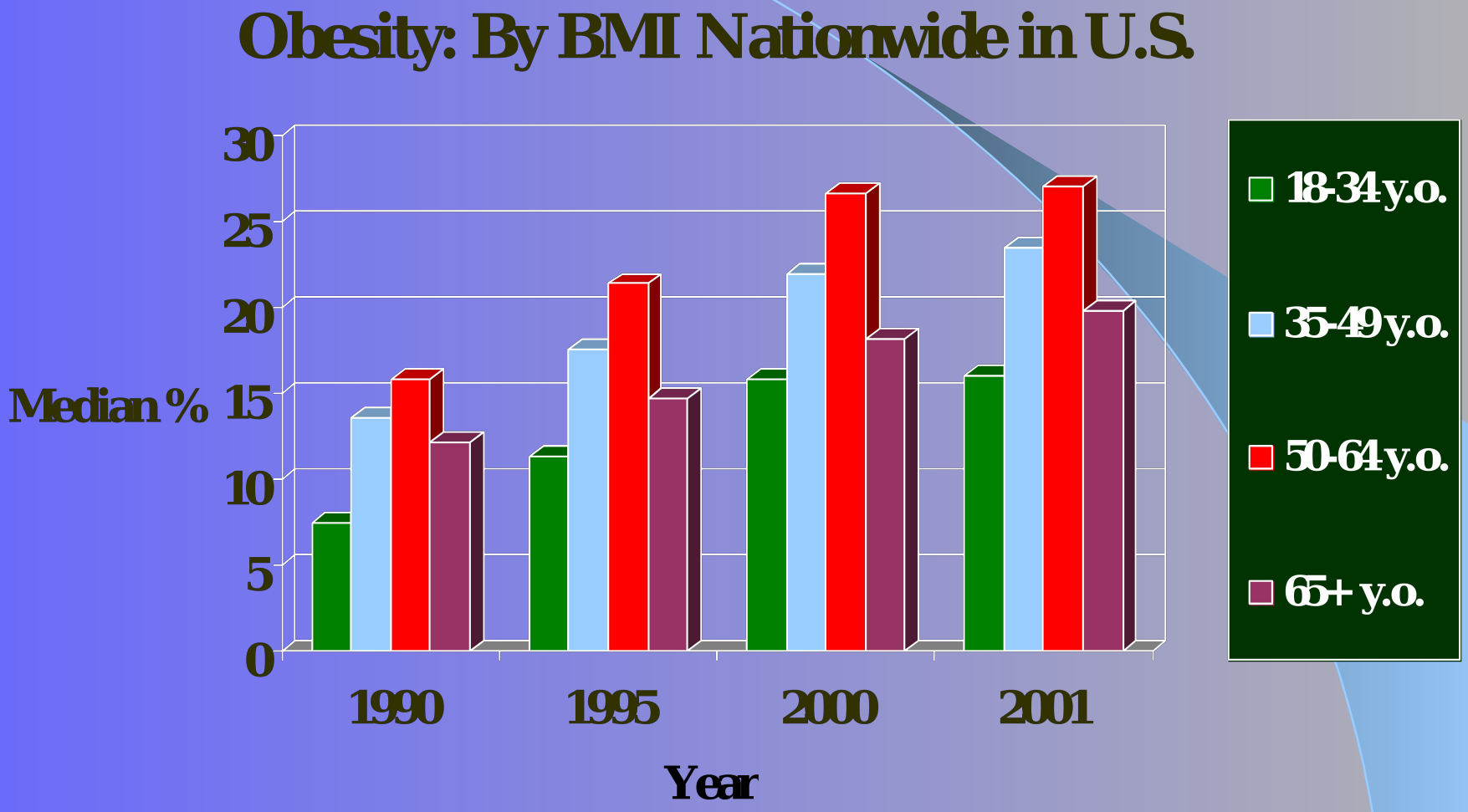
Overweight Trend Data

Overweight: By BMI Nationwide in U.S.



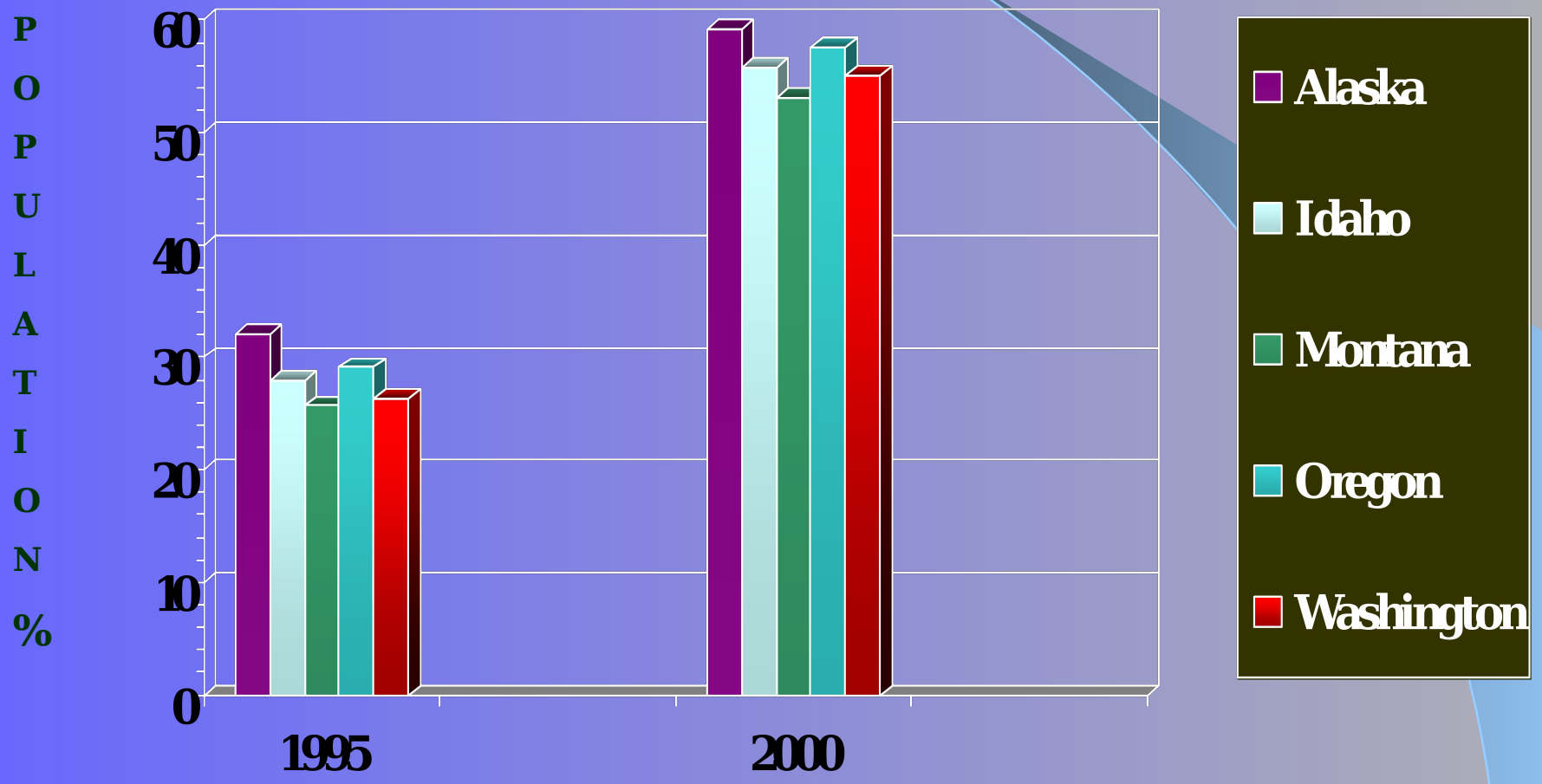
CDC Fact Book 2000/2001, Department of Health and Human Services

Obesity Trend Data



CDC Fact Book 2000/2001, Department of Health and Human Services

Western Region Overweight Data



http://apps.nccd.cdc.gov Accessed 12/10/2002

Obesity QOL Literature Review

- Empirical/Theoretical
- Medical Outcome Study, Short-Form (SF-36)
  - Physical Domains:
    - Physical functioning, Physical role
    - Bodily pain, General health
  - Mental/Emotional Domains:
    - Vitality, Social functioning
    - Emotional role, Mental health

Ware, J. E., Snow, K. K., Kosinski, M. & Gandek B. (1993). *SF-36 Health Survey Manual and Interpretation Guide*. Boston, MA. The health Institute, New England Medical Center.

Physical Domain Findings

- Physical functioning: (ADL)
  - Scores: Improved
  - Mobility Problems
- Physical Role: (Work)
  - Employment & Vocational Growth
    - Sick Leave & Disability Claims
- BODILY PAIN:
  - Pain
  - Analgesic Use

Physical Domain Findings

GENERAL HEALTH:

- **Vocational Growth**

- **Health Perception: Improve**
- **Pelvic Exam Rate & Life Saving Preventions**

- **Improved Perceptions**
- **Aging**
- **Co-morbidities**

Emotional Domain Findings

- Vitality scores

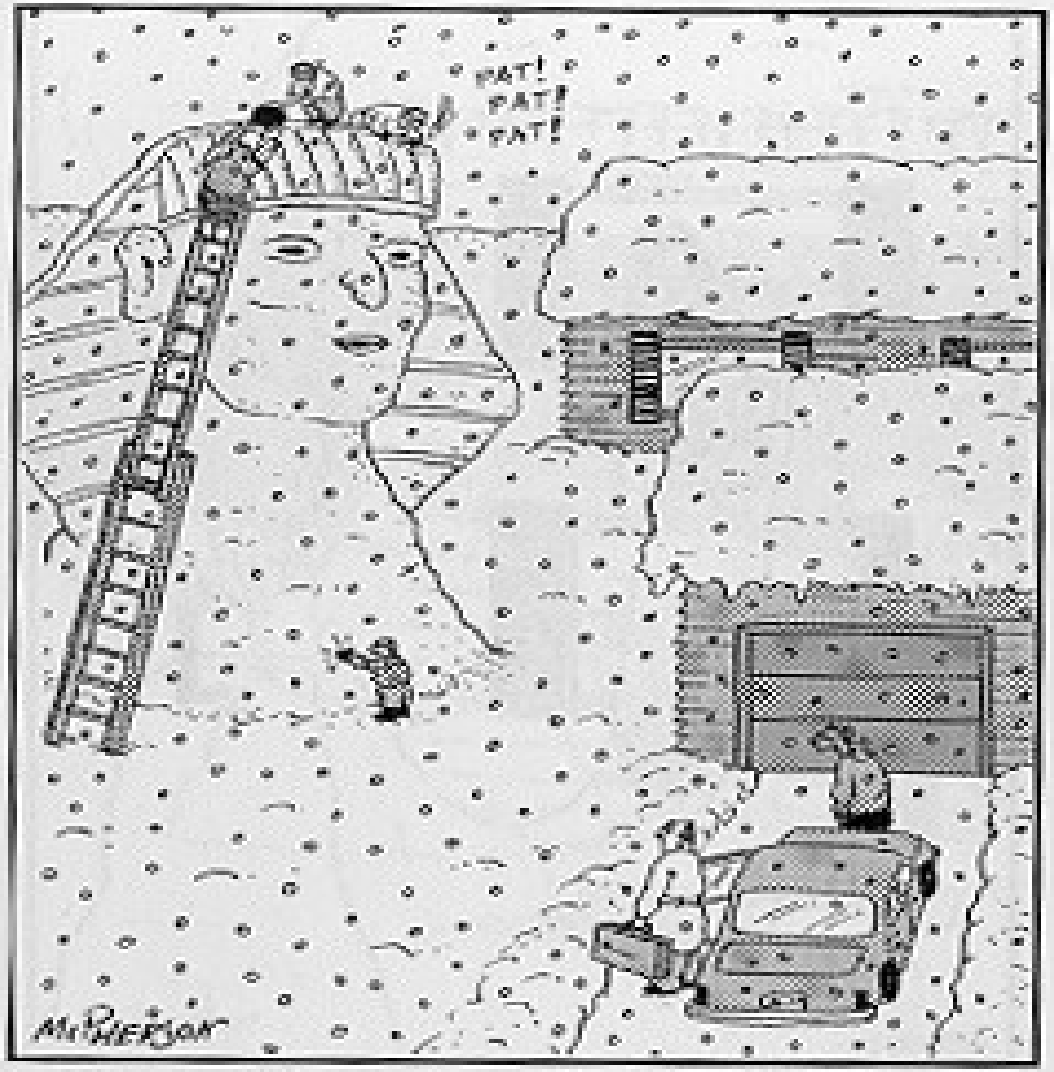
- Social Functioning
- Postoperatively
- Marriage rate/ Divorce
- Seeking Treatment
- No Difference

Emotional Domain Findings

- Discrimination, psychological distress, marital/sexual adjustment
- African American
- Mood scores prior to treatment

- Negative body image
- Self-defeating, pessimistic thoughts
- Mental Health improvements

THE TEENAGE YEARS



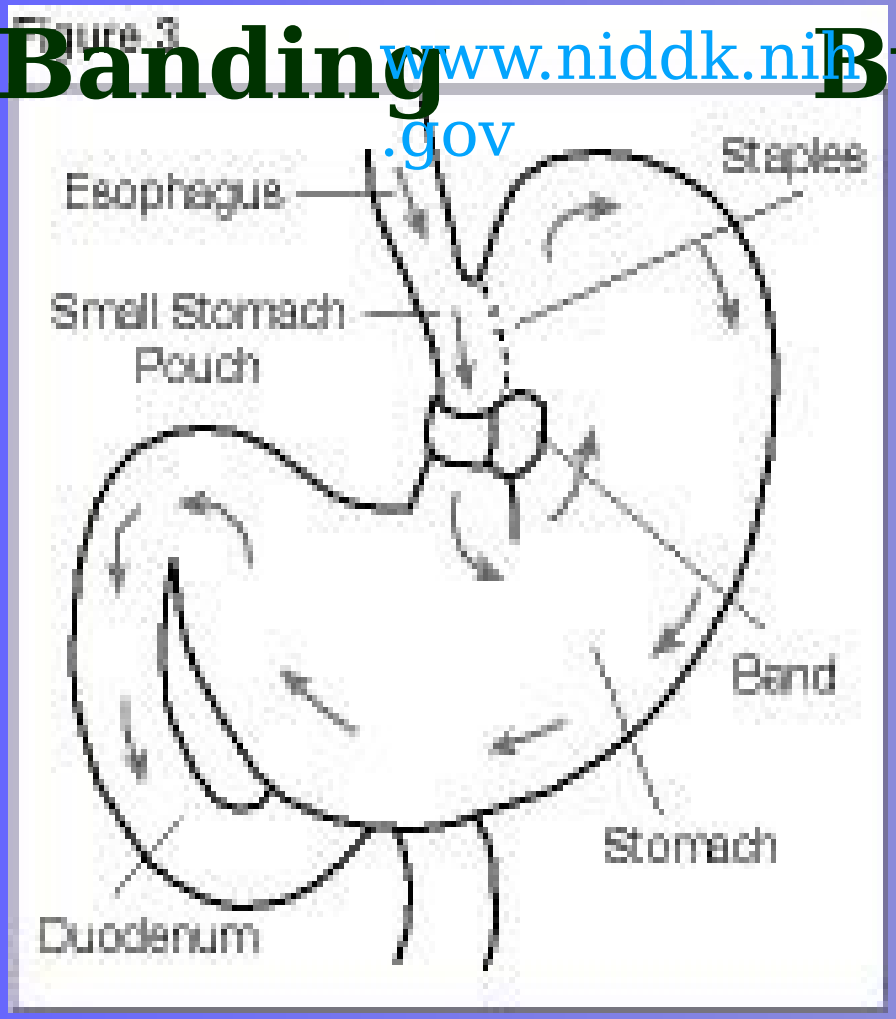
"Amazing how industrious they can be when the Nintendo is broken, isn't it?"

TYPES OF SURGERY

- **Restrictive**
  - **Gastric Banding**
- **Malabsorptive**
  - **Roux-en-Y Gastric Bypass**

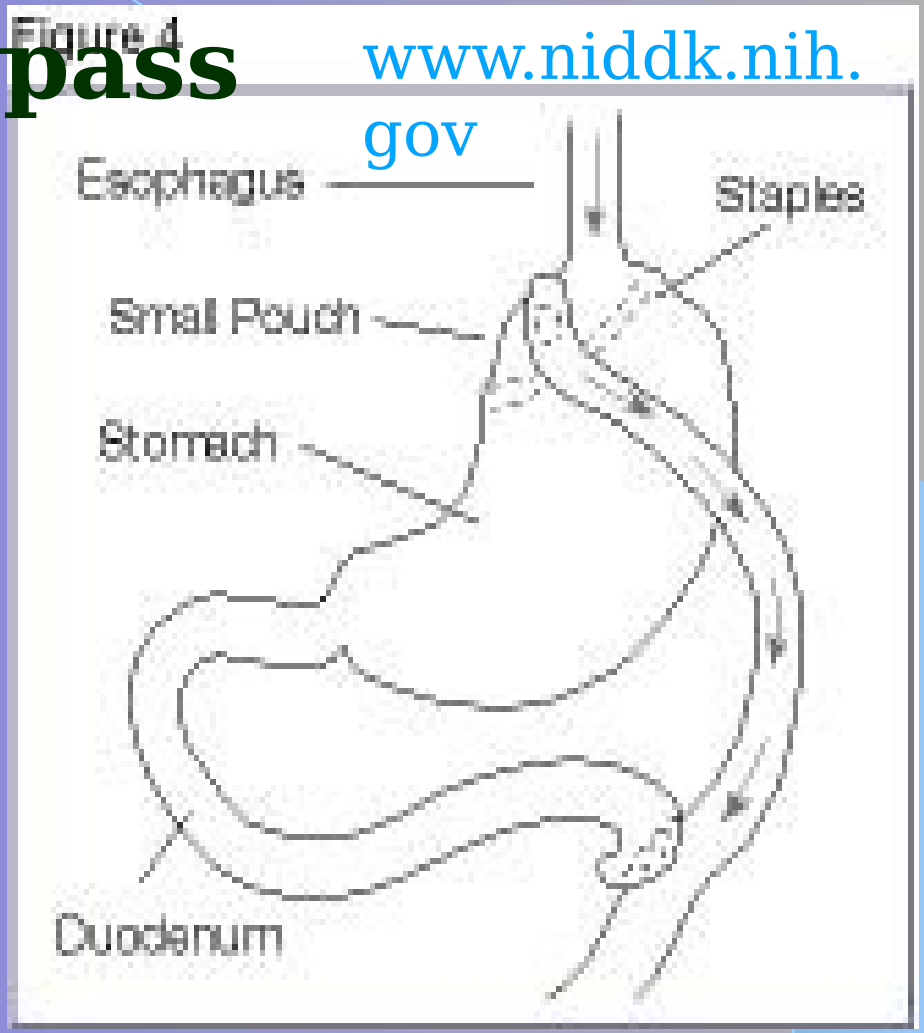
Gastric Bypass Surgery

Gastric Banding



www.niddk.nih.gov

Roux-en-Y Gastric Bypass



www.niddk.nih.gov

Accessed March 12, 2003

MAMC Evaluation

- Surveys (#25)
  - Inpatient HN Panniculectomies
  - Inpatient Nutritionist
- Deficiencies/Concerns
- Literature Search

Beneficial Concomitant Therapies

- **Nutritional/Dietary**
- **Physical Activities**
- **Behavioral Modification**
- **Pharmacology**
- **Surgical (< BMI 35: Goal)**

(*Annuals of Internal Medicine*, 139 [11], 2003)

MAMC Pathway (Outpatient Education)

- **General Surgery HN/Physician educational presentation**
  - Lifestyle Behavioral Changes
  - Nutritional/Diet Changes
  - Physical Activity
  - Technical Surgical Procedure
  - Lifetime Self-Monitoring

Gastroenterology 123[3], 2002; *The American Journal of Surgery, 173, 1998; The American Journal of Surgery, 183,* 2002

MAMC Pathway (Outpatient Education)

- **Nutrition Preoperative Education**
  - Complications
  - Guidelines
  - Diet Progression
  - Recommendations
  - Trouble shooting
  - Support Group Invitation

American Journal of Nursing, 101(3), 2001; Annals of Internal Medicine; 115 (12), 1991; Clinical Nurse Specialist, 15(5), 2001; *Gastroenterology 123(3),* 2002

MAMC Pathway (Outpatient Education)

- **Occupational Therapy (5 visits)**
  - Initial Evaluation
  - Time Management
  - Stress Management
  - Surgery (inpatient)
  - Self Evaluation Postoperative Visit

Clinical Nurse Specialist, 15(5), 2001; Surgical Clinics of Nort 2001; *Gastroenterology 123(3),* 2002

MAMC Pathway (Outpatient Education)

- **Behavioral Health (5 classes)**
  - Introduction
  - Life Management Training
  - Goal setting
  - Communication Styles
  - Living Well with Stress

Obesity Review, 2(2), 2001 Surgical Clinics of North America, 81(5), 2001; *Gastroenterology 123(3),* 2002

MAMC Pathway (Outpatient Education)

- **Physical Therapy (3 classes)**
  - Morbid Obesity & Exercise Class w/ information
  - Step test
  - Follow up Step Test: in 1 month
  - Or further PT classes (Knee, Back)

Clinical Nurse Specialist, 15(5), 2001; Surgical Clinics of North America, 81(5),
2001; *Gastroenterology 123*(3), 2002

MAMC Pathway (Outpatient Education)

- As Needed:
  - Tobacco Cessation Consult
  - Physician Exercise Specialist Consult (Functional Improvement)

(*Nursing Clinics of North America*, *26*(3), 1991; *Gastroenterolog*

Preoperative Outpatient Preparation

- Dentist
- Endocrinologist
- Neurologist
- Vascular
- Pulmonologist
- Cardiologist

Gastroenterology 123(3), 2002

MAMC Preoperative Inpatient Nursing

- **Special consideration for Bariatric Population**
  - Private Areas: Larger, longer gowns, Blood Pressure cuffs, surgical instruments
  - Straight, open arm chairs w/solid seat
  - Safe equipment: Bariatric wheelchairs, wide bedside commodes, shower chairs, OR Bovie pad placement
  - Nursing: more staff to care/position patient
- **Consult to Clinical Nurse Specialist**

(*Clinical Nurse Specialist, 15,* 2001; *Journal of PeriAnesthesia Nursing, 18,* 2003)

Postoperative Inpatient Nursing

- **Nursing Order Sets**
  - Logistics
  - Diabetic
  - Activity

Special Staff Bariatric Education

- **Staff Education**
  - Nutrition
  - Early warning signs
  - Behavioral Health
  - Bariatric equipment orders
- **Nursing Consultations**

MAMC Pathway (Measurements of Success)

- Patient satisfaction
- Decreased length of stay
- Decreased hospital days
- Decreased readmissions
- Decreased system visits
  - Outpatient
  - Emergency Room

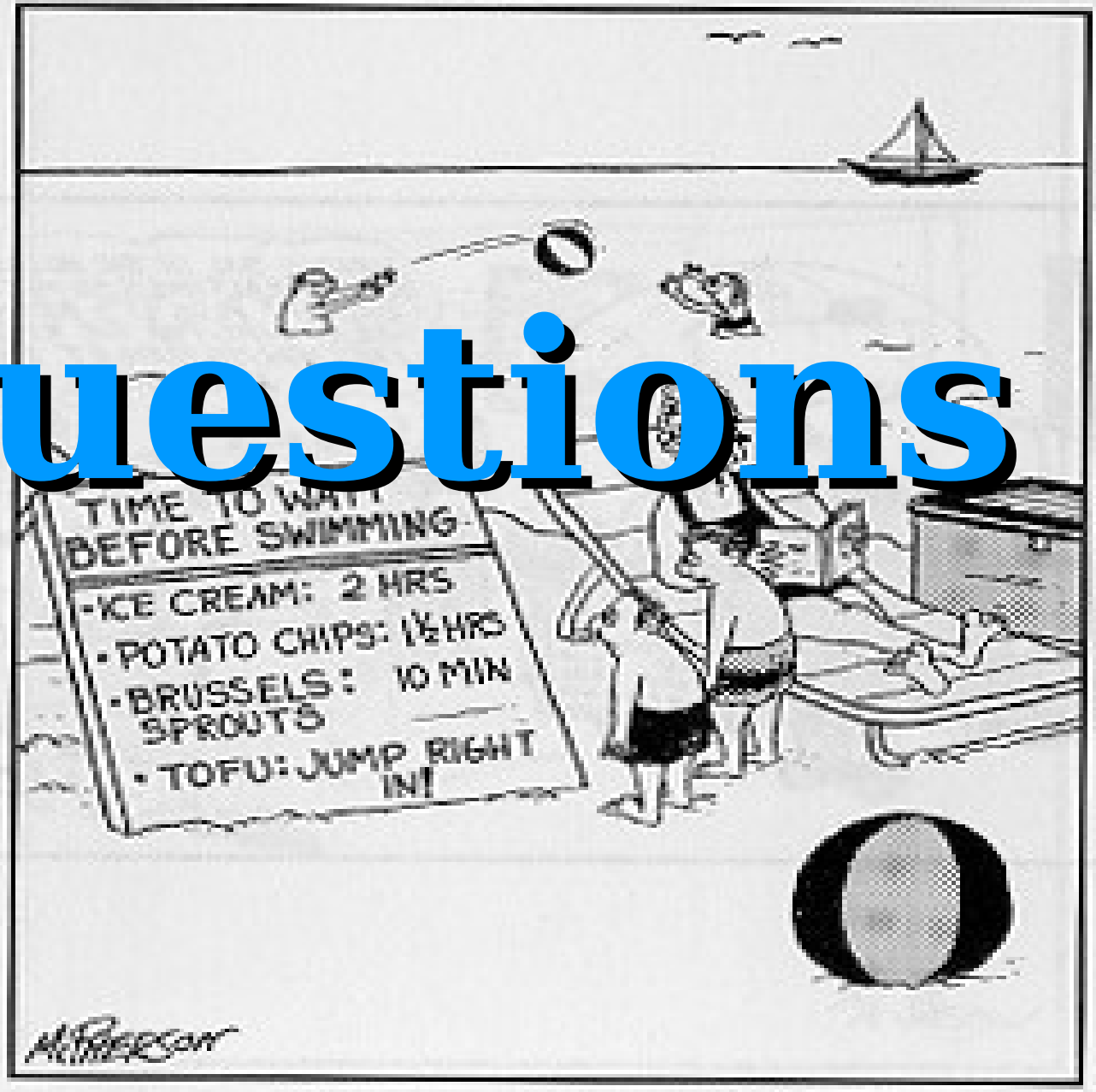
MAMC Evaluation Future Plans

- Evaluation of Pre pathway
- Comparison to Post pathway

Conclusion

- **Collaborative**
  - Multidisciplinary
  - Interdisciplinary
- **Multilevel wholistic framework**
- **Education Individual Level**

Questions ?



"It's your choice, kids."